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NEW COMMUNITY CLARION

SERVING THE PEOPLE OF BABYLAND - St. ROSE OF LIMA & NEW COMMUNITY

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NEWARK PUBLIC LIBRARY

Parents And Faculty Work Together At St. Rose School

Woven into the fabric of the conversations with parents of St. Rose of Lima students recently, were three main concerns: a desire to present their children with the best possible values in a changing, often amoral society; a desire for quality education, not only for personal gain, but as a means of having something of value to use to better the world which they would enter; and a deep hope that God and His goodness would be part of their child's school life as well as their home life. Additionally, parents firmly believed that discipline brings order to life and is a necessary component of academic learning.

Part of the reason these parents continued to send their children to the school — some had children in St. Rose for the past 12 years — was because of the fine communication it kept up between parents and teachers.

Len E. James and his wife Joyce have had two children in St. Rose. Sonya, now 17 and a senior at St. Vincent Academy in Newark, started in second grade at the school when the James' moved to the Roseville area. Son Len E. James, Jr., 13, has been in the school almost all his life, since he was part of a government sponsored pre-school program offered there when he was a little over a year

old. He is a straight A student, and Mr. James feels the jump he had because of the program, as well as the stability of continuously fine education over the years must take some credit for this.

Not only does the school teach academics, he related, it also puts stress on the cultural aspects of music and dance, and includes in its everyday requirements, attention to good manners and a respect for human life in general.

Both parents have made a personal commitment to the school. Mrs. James at one time was a teacher's aide for pre-school children. Mr. James has been president of the St. Rose PTA for 6 years.

Now that Sonya attends St. Vincent Academy he has given of his time there as well, serving as president of that PTA in his daughter's final year there. He feels his service in this way not only benefits the school, but also benefits him. He gets to know the school program and the outside problems which affect the school, and thus the future of his children.

His work with these groups he finds most rewarding. It has introduced into the lives of Len and Joyce some good friends.

James feels the important thing as PTA president at St. Rose is to make

parents feel they are part of a family. Parish and parents work together on fund raisers for the school, such as Carnival. The school counts on the help they get for these events and it is because such people care that the school continues to remain open. Parents today have to play a bigger



Len E. James, President
St. Rose of Lima PTA

role to keep it so.

An advantage other than good friends which he feels he gains from his involvement, is getting to know his children's friends, and they him; so that when he took a group of them

to the Jets game recently they were not a bunch of strangers to each other.

"We feel the children should know their parents are involved in the school; that we are behind them."

The communication at St. Rose is kept flowing by cluster meetings with parents from a certain grade and teachers from the same grade, as well as through general PTA meetings (which are staggered to allow all parents to make at least one). Problems are addressed immediately with a phone call from either parent or school.

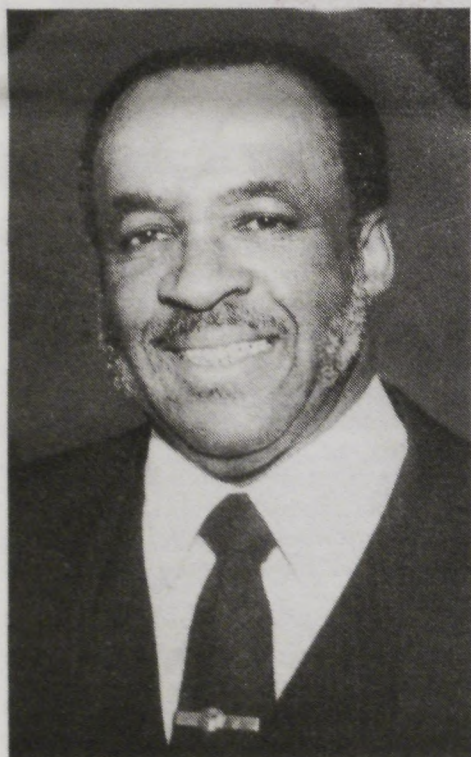
Mr. James works hard for his children and those of others at St. Rose because as he put it — "in tomorrow's life you have to have all the advantages or you're in trouble." "It's like a community rather than a learning center," he continued, "It really lifts your spirits." "I hope that St. Rose will be there forever," he concluded emphatically.

Yvonne and George Baldwin were looking for a school for their children which would bring them into contact with people of all nations, and when they found St. Rose, with Indian, Italian, Hispanic and other nationalities in its student body, they were pleased. As Mrs. Baldwin put it,

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James E. DuBose New Security Director

Former Newark Assistant Police Director



Director James E. DuBose

Because of the work New Community has done in Newark, and the fine reputation it enjoys, James E. DuBose accepted early retirement from the Newark Police Department to become its new Director of Security.

As a member of the police force, he had worked for the people of a Newark seen "both in its glory and in its demise," and had risen from a rookie police officer to Assistant to the Police Director in his 28 year career. Now he would be working for a group of fellow New Yorkers who had carved out a 45 acre piece of that city, was providing decent housing for those less fortunate than many, and which is now developing the support services and commercial services such a residential community needs, to enjoy a comfortable standard of living.

It was the humanitarian aspect of the job that appealed to DuBose.

In talking about his past, the new director said he was lucky when he

graduated from Barringer High School in the 40's. He immediately got a job, and then a better one with a local electronics company making circuit breaker equipment. In time he

was made foreman.

But then prejudice denied him promotion to an opening for which he was recommended and qualified. He

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Director DuBose, second from left, inspects dispatchers desk at NC Security Base Station along with Sgt. John Jackson, Associate-Director Otis Rhynes and Sgt. John Newby.

Sixth Month Anniversary For NCC Employment Center

New Community Employment Center is finishing a very successful first six months. It was no surprise to find that there were large numbers of people in Newark needing steady work, and we did expect to be able to place many of those who came to us, in regular jobs. What was surprising to us was the way the people and the employers of the community received us and began to make use of the NC Employment Center.

Beginning in August, the first month we were open, unemployed people, people who were committed to finding full time, steady work, flocked to NC Employment Center. It has always been our policy to interview everyone who comes to us. We had not anticipated limiting the number of people we interview, but as early as August, it was necessary to limit the interview hours.

Right now, we interview all new people who come to our office at 15 Hill Street (just across Broad Street from Newark City Hall) between 1 and 2 p.m., Tuesday, Thursday or Friday. The reason we are not able to interview more people is, that with our limited staff, it is most important that

we leave ourselves time to find jobs for those who have already been interviewed. Still, there is no guarantee.

The response of employers has also been excellent. They see it as a way to interview only people that meet their requirements and save advertising expense at the same time. Usually our first contact with an employer

is by phone followed by a note and some literature from the one making the calls. Our biggest use of volunteers has been in calling employers.

One of our newest volunteers is George Nixon of St. Rose of Lima parish here in Newark. George has been very faithful to his time for telephoning, speaking to as many as

eight or ten potential employers in an hour. He tells them about the work of NC Employment Center and what we are trying to do and how we can help them add people to the payroll with pin point results and less expense. He always asks if there are any openings now (he has gotten as many as two "job orders" in one hour!) and finishes up by sending the employer a confirming note.

You too could be a volunteer at NC Employment Center. No experience is necessary, although as a professional salesman, George qualifies as an expert. We will train you. If you are able to commit as much as a day at a time, get on our volunteer calendar. Call John Bins, Executive Coordinator of the Center; learn about the jobs available and let him know when you would be free for a day.

Most volunteer jobs at NC Employment Center take a substantial amount of specialized training. However, right now we very much need the help of a volunteer skilled in clerical work. If you have had experience, we can easily show you our different tasks. Please give us a call at 643-4722 or 643-3828.



George Nixon, a parishoner of St. Rose of Lima helps phone potential employers to develop jobs for the employment center.

Security To Become Computerized

The New Community Security Department is presently undergoing preparation for the conversion of all incident reports from manual to computer. Residents are now being assigned resident identification numbers. Each site will also be assigned ID numbers including the Extended Care Facility, St. Joseph Plaza, Babyland and St. Rose. The objective of this program will be to give Security a daily printout of all activities of the previous 24 hours, thus enabling the Department to target a problem area immediately rather than with the two or three day delay, due to procedure, we now encounter. The system will retain a history on residents and sites and provide information daily to management. A monthly summary will break out by categories all concerns, giving management a hands on opportunity to give problems immediate attention.

The system will be operated by a terminal that will be located in the security base station. When incidents are called in from the buildings or the various sites by officers on foot patrol, they will be coded and fed into the terminal.

This will also offer an opportunity for an upgrade in job duties since working with the computer will require technical skills. The training will be done in-service which will enable the employee to earn and learn at the same time.

The program design is being done by Georgia Ransome, anti-crime coordinator. The program will be written by James Rohrman, Systems Design Manager and its implementation will be done by Bill Cruz, Systems Analyst. The conversion will be a helpful one and we're working hard toward its completion.

FEBRUARY IS

HEART
MONTH

**RACE
RELATIONS
DAY**
FEBRUARY 14TH



Notre Dame Students Tour Newark



University of Notre Dame Students, Lisa Meyer of Belle Meade, New Jersey, Laura Kernan of West Orange and Joseph Smith of Center Valley, Pennsylvania, are shown around New Community by Sr. Anastasia and Cecilia Faulks.

The students are part of the University's Urban Plunge Program which sends students to various large cities throughout the United States, allowing them to see the significance of people working with and for the urban community.

During their two day stay, the students toured the entire city of Newark and visited several community projects, including a soup kitchen and a shelter for battered women and children.

THE NEW COMMUNITY CLARION

The N.C. Clarion is published the first week of each month as a community service. The Editor reserves the right to withhold articles and photographs once they are submitted. Opinions expressed in columns are those of the author and do not necessarily represent the views of the newspaper. Articles are appreciated by any and all concerned.

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New Security Director ... continued from page 1

decided to look for work elsewhere. He could not continue to work for a firm that "had so little regard for the respect you thought you had earned."

Mr. DuBose had a family to support, so when he heard the police department in Newark was hiring he took the Civil Service exam — and he passed. At that time it was very difficult for blacks to get in, so he was very happy to have succeeded. The lower pay he took in the move was balanced by the self-respect and pride he was able to keep as a result. There were no rules on minority hiring in 1956 when he joined the department.

Thus began a distinguished career in the service of the people of Newark.

While in the Police Department Mr. DuBose garnered many awards: five Department Citations; Policeman of the Month Award, Fraternal Order of Police Officers, Lodge #12; the Newark Police Department's second highest award for Meritorious Conduct in the Line of Duty; The Essex County PBA "A" award for Distinguished Service and its class "C" award for excellence in police work; as well as a Distinguished Service Award from the Newark Police Department.

His community affiliations include membership in the Trinity Episcopal Church and the Board of Directors of Newark's Urban Resource and Development Corporation under an appointment by Mayor Kenneth Gibson. He is also proud of his organizational work for the Bronze Shields, which is an organization of black police officers, and his work for other police organizations such as the PBA. He is a member of the Sons and Daughters of St. Christopher Inc. of N.J.

Mr. DuBose has always had a deep concern for the needs of the people not only in his community but elsewhere. He served as chairman of various fund raising drives such as United Newark Hospital Fund, Newark Boys

Chorus, Kidney Patient Fund for Jaida Davis and The Bronze Shields Inc., Mississippi Defense Fund. He is also a member of the Newark Chapter of NAACP.

The people he worked so hard for, responded by giving him numerous Community Awards, and in 1984 he was chosen to be Grand Marshall for Black Heritage Day when Jesse Jackson was a presidential candidate. His awards were highlighted by a resolution from the Essex County Freeholders and a resolution from the City Council when he retired in 1985 and he was cited in congress by Congressman Peter Rodino for his various community service activities. In 1984 he also received the Distinguished Service Award from the 369th Veteran's Association.

DuBose found it difficult to leave the department and misses the many friendships he had there, but he is looking forward to the challenge of his job as Director of Security here at New Community as it grows each day, and to serving well the 5,000 Newark residents included therein.

His goal to shape and mold the young officers in his department comes from a paternal interest in them and a desire to be a good commander who will inspire them to do their jobs well, and with a clear sense of purpose.

As a former police officer he is extremely sensitive to the hardships of others and will bring this compassion and fairness to his new job.

Mr. DuBose has been married to his wife Alice for 35 years and has three (3) grown children — Beverly, James Jr. and Sandford and 2 grandchildren.

The new director told me that he is proud to be a part of New Community because it has shown such faith in the community, equal to his faith in the community. And it is the community in which he lives, and which he loves.

A Tribute To A "King": Scholarship Fund

The Second Annual Martin Luther King, Jr., Birthday celebration was held at New Community Common Seniors, on Monday, January 14, 1985.

There was a real sense of community spirit as residents began to arrive from each of the Senior buildings. Due to the mild weather a large number of residents and friends were able to be in attendance. The Mistress of Ceremonies for the program was Ms. Viola Walker. The guest speaker for the evening was Mr. James Orange, who is the Director of *Education Through Music Institute* in Newark. Mr. Orange, a most eloquent speaker, a writer, and songster, spoke

emphatically by all those who came out to support such a great cause. Among the special invited guests were the Reverend William Linder, Pastor of St. Rose, and Elma T. Bateman, a member of the New Community Corporation Board of Directors.

Tickets for this affair were sold at a reasonable donation of \$3.50 per person. All proceeds were contributed to the N.C.C. Youth Scholarship Fund. This idea was first initiated by the concerned residents of N.C. Garden Seniors, who last year raised \$250.00. This year a check in the amount of \$250.00 was also donated to the N.C.C. Youth Scholarship Fund. The presentation was made by



Mr. Ralph Simpson, third from left, presents scholarship check awarded to NCC Youth Scholarship Fund through proceeds of annual Martin Luther King Jr. Birthday Celebration held for this purpose. Tina Garner, Sophia Davis and Desmond Grayer, to right of Simpson were on hand to receive their award.

about the history, the present and the future of the Black people of the World. He linked their accomplishments with the great dream of Dr. Martin Luther King, Jr., who saw a world of peace, a world where trouble and strife would one day cease, where one man could be another man's friend, regardless of the color of the man's skin, a world where ALL people of the world would unite together in love, and brotherhood, and recognize the fact that we are ALL one people "under GOD, INDIVISIBLE."

One of the many other great things that Dr. King promoted was "SOLIDARITY." This was truly ex-

Mr. Ralph Simpson, President of the 140 Tenant's Association. The three members of the Youth Group who were on hand to accept the donation were: Tina Garner, who was the spokesperson for the group, Sophia Davis, and Desmond Grayer.

Many thanks to all those who supported this worthwhile event. A special appreciation is being given to the Sponsors (N.C. Common Seniors), and to Mrs. Simpson, Ms. Irene Carr, Ms. Viola Walker, and the rest of their committee for a Superb job!

We trust that each year the event will get bigger and better!

Gloria L. Newsome



Surprise Birthday Celebration For Martha And Mary



Mary Palmer Smith, Executive Director of Babyland Nursery and her twin sister Martha Palmer Chaneyfield were recently the recipients of a surprise birthday party held for them at St. Joseph's Plaza. Shown left is the atrium with its staircase and glass enclosed balcony. Other photos show the sisters and guests enjoying the evening.

The Anti-Crime Corner

NCC Families And Seniors To Get Crime Survey



by Georgia Ransome

Beginning February 25, The Crime Survey will be done on five NCC sites. The residents will be selected at random. Participating in this survey will be Commons Family, Commons Senior, Gardens Family & Senior, Manor Families and Associates. The

purpose of the survey will be to determine the level of fear in the neighborhood and organize residents in crime prevention in their neighborhood or community. When you receive your survey it will be important that you fill it out quickly and return it to the NCC Base Station. The senior citizens can leave theirs with the security officer at the front desk in their building. Anyone requiring assistance in filling out the questionnaire should call Georgia Ransome 623-4520 days 9-5 p.m. or 643-3766 nights 8-1 a.m. to make an appointment.

Please answer the questions as soon as you receive the survey. The sooner we determine a base of operation the faster we can implement the program. I have received many calls to have the Anti-Crime program expanded to these sites. Now is the time to give it your support.

Let's LIVE OUT "I Love You"

February is noted for the celebration of Valentine's Day. It is a day for people in love; a day for heart shaped boxes of chocolate and cards that say "BE MINE."

The real meaning of love must not be clearly understood. In the year 1984 there were 2,764 reported cases of domestic violence in Newark alone. Suburban Essex County cited 1,265 reported cases. This year 524 individuals lived at our shelter, and many, many more called for legal advice or walk-in counseling.

Sometimes it seems that violence is learned more easily than love and practiced more readily. The phrase "I love you" is totally insignificant if it is not lived out daily. Love involves sacrifice and selflessness. In our world today such characteristics are not practiced between couples who live in a situation of domestic violence. In these cases one member seeks to be the dominant partner, the one who needs to control and discipline others. The phrase about marriage as a 50-50 situation is an understatement.

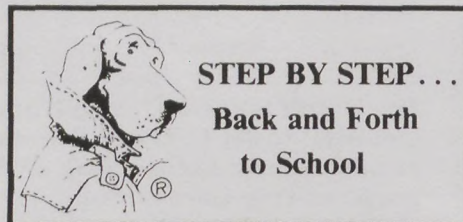
Any relationship of significance requires constant attention and energy. One can give no less than all of one's self in any important endeavor and marriage is certainly not the least of these.

Love can't be learned as easily as violence can and lessons need to start at a very young age. Children who live in domestic violence learn that violence is appropriate for situations of stress and frustration. Violence will continue as long as it is practiced by role models.

Let's "live out" the St. Valentine's Day message every day. Show your love to others in your choices and decisions. Let's have something truly significant to celebrate next February 14th so that 200 women do not need to seek a refuge or to flee from their homes with their children for safety.

We each are filled with the gift of God's love. Share it with someone else.

Sister Clare Elton



While you're walking, remember:

- Always travel with a friend. Two heads are better than one, especially if there's an emergency. Strangers usually pick on one person, not two.

- A stranger is anyone you and your parents don't know well.

- You and your friends must never take candy, money, medicine, or anything else from a stranger.

- If a stranger in a car asks you questions, don't get close to the car (you could get pulled in) — and never get in it.

- Strangers can be very tricky — they can ask you to walk with them to "show" them something; they can offer to pay for your video game, or ask you to help them find a lost dog or cat. Don't be fooled!

- Don't tell anyone your name and address when you're out walking, and don't think that because someone knows your name that they know you — maybe they're just looking at your T-shirt.

- If you think you're in any danger, yell, and run to the nearest store or Safe House or back to school.

- Avoid strangers who seem to be hanging around public rest rooms, playgrounds or school-yards. Tell your teacher or another adult you trust about it.

- Some adults can tell you what to do — such as a teacher or a police officer. But no adult can tell you what to do *just because* he or she is bigger than you. If you're ever in a situation that makes you feel uncomfortable in any way, you have the right to say NO, loud and clear.

- Have your mom or dad — or both of them — walk your school route with you to make sure it's completely safe.

- Always stick to the same safe route in going to and coming from school, and never hitchhike — never!

Answers To January's Quiz On Aging

1. **TRUE.** Only one-third of those who have retired report that they find it less satisfactory. Money is the greatest cause of dissatisfactions.

2. **FALSE.** Only about 1 percent of the aggregate incomes of older persons comes from relatives or friends. Older people are more likely to be giving financial assistance to their children rather than receiving it.

3. **TRUE.** 81 percent of people over 65 have full physical mobility. Another 14 percent can get around if they have some assistance (for example a cane, or someone with them). Only 5 percent are homebound.

4. **FALSE.** Less than 3 percent of people ages 60 to 70 years show signs of senility. Even among the very old (persons 90 to 100 years of age) only 20 percent show marked signs of senility.

5. **TRUE.** This situation seems to result from two factors: (1) Women live longer than do men, and (2) it is a custom for men generally to marry younger women. Also, there are 5 times as many widows as widowers.

6. **FALSE.** The proportion of persons over 65 who report a religious affiliation or belief in God is about the same as for younger groups. Longitudinal studies (research that studies the same people over time) have found no increase in the average religious interest, religious satisfaction nor religious activities among older people as they age. While it is true that the present generation of older persons tends to be more religious than younger generations, this appears to be a generational difference rather than an aging effect (i.e., the present generation has been more religious all of their lives).

7. **FALSE.** Those who do report long periods of idleness tend to be persons who are in very poor health, in advanced old age, or who have extremely low incomes.

8. **TRUE.** More than 80 percent of those persons over 65 who have children see their children once a week, 65 percent see one child as often as every day.

9. **FALSE.** The majority of persons past age 65 continue to have both interest in, and capacity for, sexual relations. Masters and Johnson (1966) found that the capacity for satisfying sexual relations continues into the decades of the 70s and 80s for healthy couples. The Duke Longitudinal Studies found that sex continues to play an important role in the lives of most men and the majority of women through the seventh decade of life.

10. **FALSE.** Only 5 percent of persons 65 or over were residents of any long-stay institutions in 1970. Even among those age 75 or older only 9.2 percent were residents in institutions.

11. **TRUE.** Drivers over age 65 do have fewer accidents per person than drivers under age 65. Older drivers have about the same accident rate per person as middle-aged drivers, but a much lower rate than drivers under age 30 (National Safety Council, 1976). Older drivers tend to drive fewer miles per year and apparently tend to compensate for any declines in perception and reaction speed by driving more carefully.

12. **FALSE.** The majority of older

workers can work as effectively as younger workers. Despite declines in perception and reaction speed under laboratory conditions among the general aged population, studies of older workers (the 1% percent who are able to continue employment) under actual working conditions generally show that they perform as well as young workers, if not better than younger workers on most measures. When speed of reaction is important, older workers sometimes produce at lower rates, but they are at least as accurate and steady in their work as younger workers. Consistency of output tends to increase by age, as older workers perform at steadier rates from week to week than younger workers do. In addition, older workers have fewer job turnover, fewer accidents, and less absenteeism than younger workers.

13. **TRUE.** Older workers have fewer accidents than younger workers. Most studies agree this is true. For example, a study of 18,000 workers in manufacturing plants found that workers beyond age 65 have about one-half the rate of nondisabling injuries as those under 65, and older workers have substantially lower rates of disabling injuries.

14. **FALSE.** The majority of old people are not "set in their ways and unable to change." There is some evidence that older people tend to become more stable in their attitudes, but it is clear that most older people do change and adapt to the many major events that occur in old age such as retirement, children leaving home, widowhood, moving to new homes, and serious illness. Their political and social attitudes also tend to shift with those of the rest of society, although at a somewhat slower rate than for younger people. If you know older adults who are "set in their ways," often they have been "set in their ways" their whole life, not just in their later years.

15. **TRUE.** The majority of old people are seldom bored. Only 17 percent of persons 65 or over say "not enough to do to keep busy" is a "somewhat serious" or "very serious" problem. Another survey found that two-thirds of the aged said they were never or hardly ever bored. The Duke Adaptation Study found that 87 percent of those 65 and over said they were never bored in the past week.

16. **FALSE.** The majority of old people are not socially isolated and lonely. About two-thirds of the aged say they are never or hardly ever lonely, or say that loneliness is not a serious problem. Most older persons have close relatives within easy visiting distance and contacts between them are relatively frequent. About half say they "spend a lot of time" socializing with friends (Harris, 1975). About three-fourths of the aged are members of a church or synagogue and about half attend services at least three times per month. Over half belong to other voluntary organizations.

17. **TRUE.** A person who remains in good health and keeps mentally active will probably show little (if any) decline in intellectual ability with age. As a person ages, he or she usually does need more time to master new material.

Credit Union Commentary

NCFCV Has Opened Its Door

A Companion For Life



Marie C. Damestoir

When you join the New Community Federal Credit Union, you join a family nearly 50 million strong. And as a member you own a stake in the family's future.

That's because the NCFCU and other Credit Unions are the only financial institutions owned by its members. It's this feature that makes the NCFCU a unique financial institution. Rather than pushing to make large profits for stockholders, the earnings are returned to its members in the form of higher dividend rates, additional services, or loan interest rebates.

And it's this kind of operation philosophy that will foster family involvement at NCFCU.

The NCFCU is structured to make it easy for you and your family to become involved, if you or your immediate families, and any other person is enrolled or participate in the neighborhood development program of NCC. The employees of NCC, Babyland and St. Rose of Lima, plus students can also become part of this family network. Most Credit Unions cater to families through the once a member, always a member policy. The many Credit Unions who are practicing this policy permit life long membership, even if a person leaves the field of membership or locality.

Family membership will be encouraged when the primary member joins the NCFCU. The person taking the application will always be asked if they have a spouse or children who would like to join.

Since we just opened our doors, we are sure a lot of our prospective members have some questions that need to be answered.

Q. What are some of the safety factors in NCFCU?

A. NCFCU is Chartered by and operates under the supervision of the

Federal Government, and government examiners regularly examine the books. The NCFCU is required to maintain a reserve. The performance of the NCFCU management and personnel is secured by bonding.

Q. Are my savings insured?

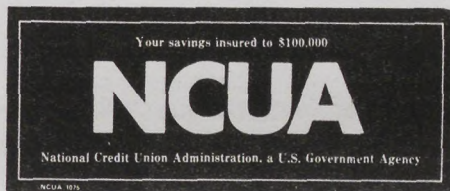
A. The National Credit Union Administration, insures Credit Union member accounts up to \$100,000.00 through the National Credit Union Share Insurance Fund in the U.S. Treasury. Insurance coverage must be carried by all Credit Unions in New Jersey.

Q. What happens to my money in NCFCU?

A. NCFCU shares will be used to help the members obtain low-cost loans. All money not loaned to members or invested is desposited in insured banks.

Q. When could I borrow money?

A. Since the NCFCU just opened its doors, it will take at least six months before any money is loaned out to the members. NCFCU is organized to promote thrift among its members



and to make loans to its members from these accumulated savings.

Q. What will a Credit Union loan cost me?

A. The interest rate on NCFCU loan is determined by its Board of Directors and varies between Credit Unions. However, by law, the annual percentage rate may not exceed a specified amount.

Q. How much can I borrow?

A. The amount a member may borrow varies in different credit unions. NFCU will always make every effort to assist you with your financial problems. When borrowing money it is necessary to fill out an application and to pledge the security required, if any.

NCFCU is working very hard to provide the services you will be needing and want, both today and tomorrow. And we are member-oriented. Our service-not-profit philosophy means you'll get the best deal in town.

Contact Marie C. Damestoir today at 623-2800, extension 208 if you have any more questions.

First Meeting For New Community Federal Credit Union Committee

It was our first committee meeting and also our first official act performed since receiving our Charter on January 18, 1985. The NCFCU president, Roberta Singletary filled out the application for the Accuma Bond. The guest speaker was Mr. Joseph V. Grabowski of the CUNA Mutual Insurance Group. He gave us the policies and the coverage which were available to NCFCU. Bonding

coverage is a must for all Federally Chartered Credit Unions in order for them to operate. The purpose of the bond is to protect the assets of the CU. This bond will protect assets up to a million dollars (as we grow so will our coverage) against criminal acts, embezzlement, arson, theft, and misplacement. CUNA is an all service insurance group with a wide-range program.



Committee meets with members of N.J. Credit Union League, Tom O'Shea, second from left, to go over details of New Community Federal Credit Union formation.

NC Douglass-Harrison Residents

The management office has been bombarded with many inquiries as to some financial assistance, due to various circumstances.

In response to the many inquiries, management has identified a program that may be beneficial to many current residents, and also may benefit some persons who are currently in the process of being evicted.

The current program is provided by the Department of Community Affairs and is available to those persons or households who meet the program's eligibility requirements listed below.

The target population of the program is geared to impact upon the following who fit the eligibility guidelines:

1. Applicants who have been evicted, but where there is a chance to keep them in their housing units.
2. Applicants who are homeless.
3. Applicants needing assistance with loans for security deposits.

Selection priorities for program participation are as follows:

1. Household with member elderly and disabled.
2. Households including at least one member who is handicapped or disabled.
3. Families in danger of breaking up.
4. Single parent households (with children).
5. Other households including children.
6. Elderly and disabled individuals.
7. Non-elderly individuals.
8. Households without children.

All persons eligible and accepted into the program will be subject to the following:

- Pay 30% of gross household income toward housing cost.
- Six month limit on aid.
- Participants will receive 30 days of active assistance through the DCA, which may be extended for an additional 30 days, after which the client becomes inactive.

If you feel you qualify for this program, please contact Mr. Thomas at the Management Office immediately.

Snow? No!



Bob West of Central Maintenance expeditiously plows snow in front of Babyland III to prepare for morning rush during recent January snowfall. Bobcat makes also makes short work of heavy snow.



Working Together At St. Rose ...

continued from page 1



St. Rose parent Mrs. Yvonne Baldwin with children Lisa, 9, left George, 12, right and Cheryl, 14, in center behind her mother.

"when you go out into the world you must get along with everybody, learn to deal with all types of people." Her job as an Licensed Practical Nurse at a nursing home in Orange reinforces this belief every day. "If you carry yourself in a decent way, people will know you are a decent person," she told me sincerely.

It was important to them that their children — Lisa, now 9 and in Miss Hunter's class, George, 12 and in Mr. Morrison's class and Cheryl, 14 and a freshman at St. Vincent's — receive a good education, and one that stressed the same self-discipline and strong moral values which their children

"In tomorrow's life you have to have all the advantages or you're in trouble."

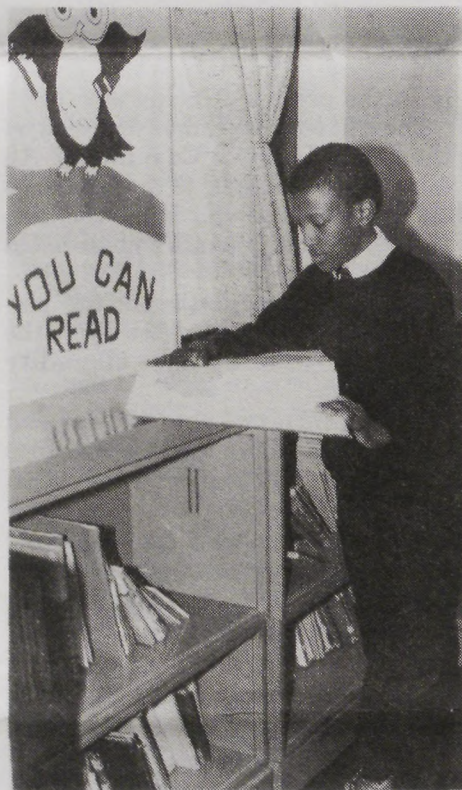
were taught at home. Mrs. Baldwin is a Catholic and Cheryl chose to embrace the Catholic faith while at St. Rose. Thanks to Sr. Clare and her encouragement she started instruction and was confirmed along with her classmates. George and Lisa sing every Sunday in choir at Mass and enjoy that very much.

The children came with their mother to talk with me.

Lisa it seems likes spelling and language arts, especially writing stories and poems, and enjoys the plays put on by her class (each grade is responsible for one program yearly). Cooperation between teacher and student decides the subject matter for the play and sometimes the presen-

tation is written by the students. "Teachers help straighten out what we write," she revealed. Lisa also loves music and enjoys the after school dance class at St. Rose conducted by Mr. Gordon. She would like to work for the Telephone Company some day she said when I asked of her future aspirations.

George is coming to the end of his St. Rose school years and is now trying to decide on a high school. He feels he has had good teachers and especially enjoys the junior choir



George Baldwin works in library.



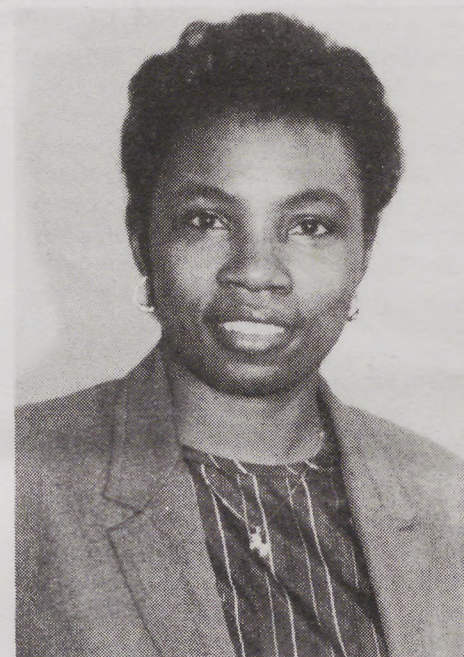
Lisa Baldwin has routine hearing test administered.

directed by Mrs. Emily Ross. Addressing his future, he plans to become a lawyer, "to make a lot of money, and to help people out."

When asked about her plans Cheryl spoke confidently of a college education in business administration, with the possibility of heading the administration department in a hospital. It would be fun she feels, but hard work also. She likes working with people, she told me, and eventually would like to start her own corporation. Mrs. Baldwin encourages such confidence.

Cheryl told of her reluctance to leave St. Rose at graduation, since the teachers there and Miss Philips were like parents to her. She had a lot of friends at the school — her best friend being Hispanic — and they had grown to love the school. They tried to figure out ways to stay. She likes the outlook of the Catholic schools, knew how they operated and was used to a school with discipline which helped learning. Now she returns to St. Rose periodically to fill out the Junior choir, of which she was a member, when they have special performances.

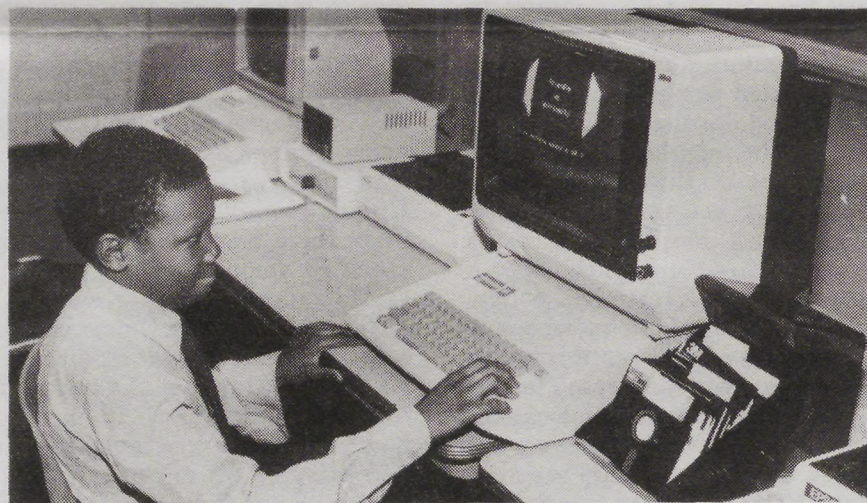
Mrs. Baldwin told me seriously that one of the things they looked for help with in choosing St. Rose was instilling some sort of moral standards early. "It seems the way things are going, God is going out of people's lives"



Dorothy Edmonds, Vice-President St. Rose of Lima PTA

is 11 years old and in the sixth grade. Daughter Calandra graduated from the school in June, having started there in the 4th grade, and now goes to Essex Catholic.

"Teachers at St. Rose will call if there is a problem. Each child is handled individually. Teachers feel the child out and give what is necessary — motivation, praise, etc. There is a great deal of parent-teacher cooperation," she said with



Allan Edmonds spends some time at the Apple IIc.

she said sadly and with great concern. "Things are going wild out there. So I'm making an effort to counteract this." With some help from the Holy Spirit her children will have good values as a foundation to support them when she "lets them go" as she must when they reach adulthood.

Good moral values and a concerned atmosphere were what Dorothy Edmonds was also looking for to benefit her children when she moved here from Philadelphia a few years ago. Her sister recommended St. Rose because the school close to Ms. Edmonds apartment in Newark "was not that good," and she had heard positive things about St. Rose.

"I believe that teachers should be strict," said Ms. Edmonds. "It's like a threesome; everyone has to work hard at it — the parent, the teacher and the child — in order for anything to work. It has to be a group project." She tries to keep in close touch with her children's teachers to see if the children are having any problems.

Still in St. Rose is son Allan, who

appreciation.

This year Ms. Edmonds is vice-president of the St. Rose PTA and finds that parents have become a little more active at the monthly meetings. More members are coming out.

Activities are varied. Recently Georgia Ransome, head of the Anti-Crime Program at NC Douglass-Harrison spoke to parents on "Protecting Your Child from Strangers." She also went from classroom to classroom giving children a presentation on the same subject. The PTA also sponsors a "Night of Fun," which gets others involved.

Another area of cooperation which Ms. Edmonds felt was important, was the need for parents to teach a child how to behave in school and to support the work of the teachers in this area. "It is not all the teacher's job," she emphasized. "A well disciplined class makes a smoother running class."

She feels it is very necessary to

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teach what the children need for a particular grade level so that the next year the child will not be behind and need a lot of review. One of her

"It seems the way things are going, God is going out of people's lives...So I'm making an effort to counteract this."

children she found was a self-starter, while one needed to be motivated. She remembered a second grade teacher of long ago named Miss Comusio whom the children loved and who was fantastic teaching the children. She felt that this teacher's special attention was the reason for many in her class being better in reading and doing well later, and appreciated her dedication.

Ms. Edmonds went on to say that although of the Baptist Faith, her daughter is studying both Catholic and Protestant versions of the Bible and feels God has put her onto this earth to help others. She would like to be a teacher for the deaf, blind and mentally retarded.

Ms. Edmonds helps out at St. Rose even though working full time at Blue Shiled as a correspondent claim examiner. She graciously came in for her interview while on vacation.

Dorothy mentioned the dance program with Mr. Gordon, which her daughter attended for 2 or 3 years and her son participated in last year, and informed me that Mr. Gordon also conducts a class for exercising, with parents. The dance classes give a formal performance each May.

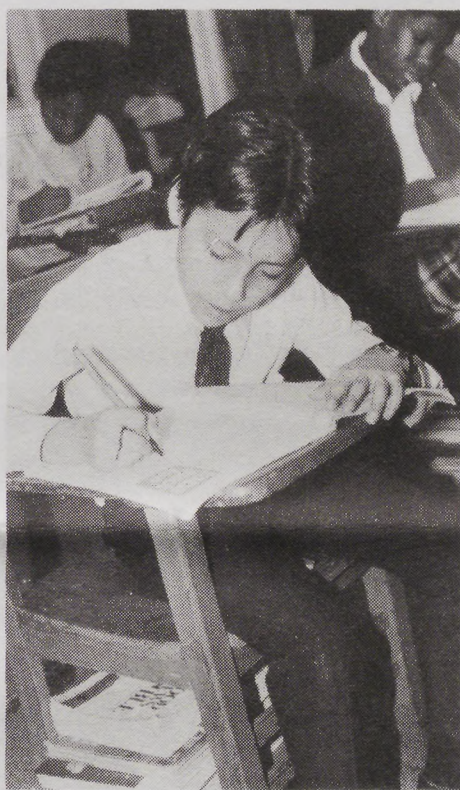
Ms. Edmonds is happy to be working with the PTA and gains a lot from meeting the other parents. The teachers also sit in on the meetings several nights to talk to parents, she told me appreciatively. Meeting with other parents is a help, she finds. "Their problems can help you, and yours can help them." It's a cooperative community and she feels that is a big asset for the children at St. Rose. The child knows that he's someone special and this motivation tells him that he can do the work.

Mrs. Teresita Vaca was accompanied by her son Lenny, 22 years old, one of her five children and a senior at New Jersey Institute of Technology. Lenny and his twin brother Julio were the first of the Vaca children to go to St. Rose ten years ago, entering at sixth grade

level.

Since the family had just arrived from Quito, Ecuador, the boys did not speak any English. Mr. Vaca investigated a bi-lingual school at first, but learned that the teachers would be using Spanish so he looked further. When he heard about St. Rose School in their new parish he spoke with the principal, and explained their situation. At that time the teaching staff consisted of nuns and priests. He arranged to have Lenny and Julio take a half year of education at sixth grade level to learn to speak English. The idea worked beautifully and he then had the twins repeat the entire sixth grade so they would have a firm foundation for the future. Such personal attention and cooperation was and still is typical of the St. Rose School philosophy.

While the boys were studying at St. Rose, their father attended Essex County College to add an accounting



Lawrence Vaca engrossed in studies.

degree from this country to the one he had received in Ecuador.

At night he would tutor them in English at home according to the traditional thinking of his country which placed the responsibility for a child's education on the shoulders of the parent, explained Lenny. "He was very interested that we learn English...and he was very helpful."

His father talked to the Sisters a lot and Lenny still has the report cards with his father's messages to the

nuns written each time the card came home, he told me with pride.

Lenny emphasized that since his family was Catholic they also were looking for a good Catholic school, since their religion was an important part of their life. The Sisters were very nice and welcomed them warmly.

Later, when Mr. Wilson arrived at the school and became principal, Mrs. Vaca continued, he was also very concerned about the students and took the same personal interest in them.

Two years ago, Mrs. Vaca was



Jacqueline Vaca points to native Quito, Ecuador on globe in her classroom for photographer.

widowed, but with a special arrangement the school continues to take care of the education of the remaining Vaca children of today, Lawrence, 13 years, and in eighth grade and Jacqueline, 8 years and in third grade. Lawrence has been in St. Rose for 10 years, starting in the pre-school program, and has many good friends there. Mrs. Vaca now helps out at Bingo frequently as her husband did, to support the school fund raising efforts and attends the PTA meetings to keep up to date on the children's education, which she feels is a good one. Her third oldest son Diego, 16 years, is a Junior at Barringer High School.

Although things have changed and

the staff today is a lay one, "they still take good care of everybody" she went on. The teachers are very comprehensive in the subjects taught and there are very good relations between teachers and parents today.

Over the years St. Rose has been a very deep part of both the religious life and educational life of the Vaca family. The fine education received has enabled the children to progress without problem in the educational system.

Lenny will get his electrical engineering degree soon from NJIT

but does not plan to stop there. He has his eye eventually on a medical degree. Some psychology courses sparked a desire to help others in a very concrete way.

Mrs. Vaca finds the children and teachers today more open in their communication on a personal level. The children share with her the death of a husband of one of the teachers or the illness of another such as would happen in a close family community.

It is a very supportive community and remains today a vital part of the Vaca family life.

We hope, as Mr. James said earlier, that St. Rose will be around for a long, long time, doing the fine job it has done for many, many years.

Seton Hall - St. Rose Scholarship Will Go To Len James II

It has been announced by Mr. Arthur Wilson, principal, that Len James, II, is the recipient of the Seton Hall-St. Rose of Lima Scholarship for 1985.

This award is given to a member of each graduating class for outstanding achievement and service to St. Rose of Lima School. The scholarship provides 4 years of fully paid tuition to Seton Hall Preparatory School in South Orange. A recipient must maintain an acceptable standard of scholarship throughout the four year period.

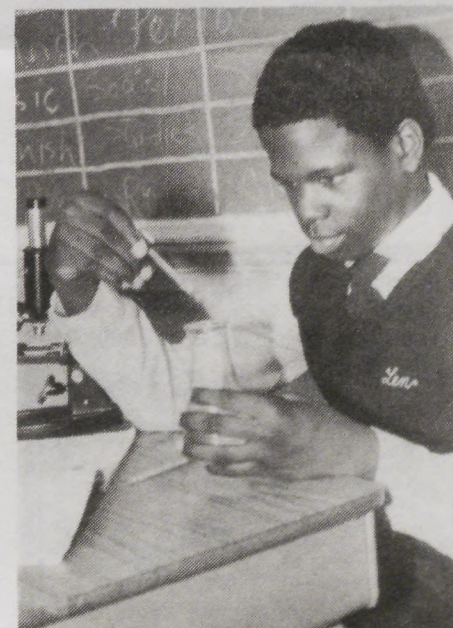
Len has been an "A" student while at St. Rose and was accepted at all 5 high schools to which he applied.

When told that he had received the award, Len sat quietly for a minute, speechless, then smiled and said quietly, "Thank you."

Later he remarked, "I'll try my best to keep up my grades. It is an honor and a pleasure for me to get this scholarship to attend Seton Hall. I will try hard to make this possible. I am proud and my family will be proud," he said seriously. He continued,

"My teachers have all told me to try my best and most anything can be accomplished."

Len certainly seems to be well on his way.



Len James II tackles science project.



Mrs. Teresita Vaca with son Lenny, a former St. Rose student who is now a Senior at Newark Institute of Technology.

At Your (Social) Service

If you have any questions, please call Social Services Department at 623-6114.

Nutrition Site To Open At New Community Associates

Beginning during the month of February, a nutritional site will be opened at New Community Associates, 180 South Orange Avenue.

The program is supported by a grant from the Essex County Division on Aging in conjunction with the City of Newark. It will provide a complete hot dinner for seniors five days a week, Monday through Friday. In addition, it will provide up to 20 meals-on-wheels for the homebound. The meals-on-wheels component will be available on a 7 day a week basis.

The choice of the facility at New Community Associates is well suited for the congregate meal service, since it contains a large dining room, capable of serving more than 200 people, a fully equipped modern kitchen, and a large storage area.

The program will serve approximately 100 each day beginning at 12 noon. The fee for the dinners is strictly on a donation basis.

Once final arrangements regarding the starting date have been completed, we will notify the entire community.

If you have any questions, please call Social Services Department at 623-6114.

Pre-Teen Disco

On February 8th there will be a Pre-Teen Disco and Chicken and Fish Fry at 220 Bruce Street beginning at 4 p.m. The cost for the Disco is \$1.00 per person. The chicken and fish sandwiches are \$2.00. So come and buy a sandwich to help support the NCC youth programs.

Thank you
Sheila Washington

NC Roseville Report

The "Motivations" return to Roseville, February 8, 1985 at 8:00 p.m. in a program presented by the 1 South 8th Street Club here at Roseville. So come on out with us, and enjoy the return of these great gospel singers, "The Motivations," for the ticket price of \$3.00. Why not make it a date to come to Roseville and motivate.

R. Steve Perkins

NOW, THERE IS HELP
THE ESSEX COUNTY FAMILY VIOLENCE CENTER
SHELTER — COUNSELING
REFERRALS BY TRAINED STAFF
FOR BATTERED WOMEN AND THEIR CHILDREN
484-4446 SPONSORED BY BABYLAND NURSERY, INC.
24 HOUR HOT LINE CALL ANYTIME

Attention Senior Bowlers!

Beginning in February, N.C. Social Services will be sponsoring bus trips twice-a-month to Lyons Bowling Lane, located in Irvington. The dates will be: Monday, February 11, 1985 and Monday, February 25, 1985. Hours: 10 a.m. to 12 Noon. Cost: 85¢ Per Game (There will be NO CHARGE for Bowling Shoes).

YOUR PARTICIPATION IS NEEDED. COME ON OUT AND JOIN THE FUN!!

If you are interested in participation in Bowling please fill out the form below and leave it with the Social Worker in your building or you may leave it at the Security Desk.

NAME _____

ADDRESS _____

APT. # _____

PHONE NO. _____

Yes _____ I would like to participate in the bowling activity.

(Complete this form ONLY if you wish to participate in the Bowling Trips).

NC Associates

Happy New Year to those I haven't seen.

New Community Associates, welcomes all of its new residents, and invites you to participate very soon in our activities and trips. If you keep a close watch on your activity calendar, passed out every month by your floor captains, you will be informed as to the time and date of the activity and trips. It would be advisable to read the flyers, when you get them. We are looking forward to seeing you, new tenants, soon, at some activity, so we can get acquainted. Get involved.

The 180 Senior Citizen Organization held a Birthday Party January 11, 1985. Those having birthdays in October, November and December celebrated. Ice cream and cake was served.

Phyllis Burton

NC Commons Families News

Our next tenant meeting is February 13, 1985, at Commons Pavillion. 298 Morris Avenue, 6:30 p.m. See you there!!

Roberta Singletary

NC Manor Celebrates 1st Anniversary

On January 25th, NC Manor Senior held its First Anniversary dinner and combined it with a celebration of the Fall birthdayites, from June through January. Special honors went to Mr. Ralph Branch, who turned 93 on January 29th. Says he, "I still feel good and I enjoy sleeping late, nothing bothers me."

Manor Senior has come a long way from the days it first opened its doors and has seen a lot of faces come and go. Memories of Holiday parties, the Spring Fashion Show of '84, Club meetings and other special events were shared. A slide presentation was available and plans for the future

Harlem Globetrotter Trip

The New Community Social Services Department will sponsor a trip to the Harlem Globetrotters at the Meadowlands on Saturday, February 16, 1985 at 8:00 p.m. Tickets are \$10.00 per person including transportation. If you are interested please contact Sheila Washington at 623-6114 between the hours of 9 a.m. til 5 p.m.

NC Youth Council

NC Youth Council is sponsoring a Fish & Chicken Fry on February 8, 1985. We will have home delivered services between the hours of 4:00 p.m. until 8:00 p.m. Our special menu consists of Chicken Sandwich - \$2.00; Fish Sandwich - \$2.00; Chicken, Potato Salad, Tossed Salad - \$3.00; Fish, Potato Salad, Tossed Salad - \$3.00. Please help us out by buying one of these dinners or sandwiches. The profits will go to help NCC youth.

To place an order phone 623-6114. Thank you.

Sheila Washington

Ceramics Classes Resume

Ceramic classes have resumed and the students are doing fine pieces of work. Everyone is happy to get to the art of cleaning and finishing an article.

Classes meet Tuesdays at 3 o'clock



at 545 Orange Street, with transportation being provided from 1 South 8th Street and 15 Hill Street. On Thursdays class meets at 180 South Orange Avenue, also at 3 o'clock. Transportation is also provided from 140 South Orange Avenue and 265 Morris Avenue. Others are also invited to attend the classes.

Due to the amount of interest in ceramics the classes have been expanded to include an evening session on Thursday at 545 Manor at 6

were also discussed.

Special thanks was given to the day security officer at Manor, Sheila White. Officer White is held in high regards by all the residents. Her concern for everyone is overwhelming and she ensures that the security at NC Manor is upheld, and there is mutual respect for her authority.

To Security Officer White, thank you for your faithful support in helping to make 1984 a safe and secure year for the residents at NC Manor and we all look forward to an even better year in 1985.

Happy anniversary Manor Senior, the youngest of the senior complexes.

Dinner Available For Afterschool Program

Beginning this month dinners will be provided to the children who attend the afterschool program.

If you are interested in having your child take part in the program please call Sheila Washington at 623-6114, or apply at NCC Social Services Department, 220 Bruce Street, between the hours of 9:00 a.m. to 5:00 p.m. Thank you.

Slimnastics

Slimnastics will start again on February 16, 1985 on Monday and Thursday night for one hour ONLY in the Gardens Family Pavillion, 220 Bruce Street between the hours of 6 p.m. til 7 p.m. So come on in and shape up! Plan for the summer now and feel smashin'!

If interested contact Sheila Washington at 623-6114 between the hours of 9 a.m. to 5 p.m.

o'clock. Starting in February, booklets with assorted items will be available to those who are confined to their apartments but would like to participate in the joy of ceramics. The pieces would be brought to the home

REGISTRATION FORM

NAME _____

ADDRESS _____

PHONE _____

I AM INTERESTED IN
DAY TUES. _____ THURS. _____

THURSDAY EVENING _____

IN-HOME (HANDICAPPED ONLY) _____

*Cost of classes determined by piece chosen plus ½ purchase price per firing.

For more information contact Joyce Holmes of Social Services at 545 Orange Street, 623-6299, or fill in the registration form and you will be contacted.

NCC Men's Basketball Team Wins YM-YWCA Championship

On Thursday, January 10, 1985, New Community had the playoff Championship game against Mike's Bar. The score was 132 NCC to 99 Mike's bar. I would like to thank Bill Mosley for helping me get the NCC men's team together. Bill better known as "BLASS" is the captain of our team. He was born in Newark where he graduated from Irvington

semi-pro baseball for the Hawks from 1976 through 1983. Now he coaches the New Community Men's Basketball Team.

Randy Franks, better known as "ROCK" scored 50 points in this game. He is a graduate of St. Augustine College in North Carolina where he also played basketball, and is also a member of the team named



NCC Men's Basketball Team proudly displays first place trophies recently earned during championship game sponsored by the Newark YM-YWCA. Left to right are Leo Bolton, Vint Wilson, Jeffrey Harrell, Bill Mosley, Anthony Howell, Sheila Washington from NC Social Services who gathered together the team, Randy Franks, Chris Caudle, Kelvin Wortham, Benny Pellam, Coach James Hubbard, and Dave Stevenson, YM-YWCA League Director.

Tech. He worked at Port Newark and he played basketball in the Summer League for a great team named "SURPRISE." He has been playing for this team for seven years and played basketball for nine years of his life...and boy can you tell!

Now I want to tell you a little bit about our Coach. Our coach is one of our NCC Security Guards named James Hubert. James was born in Newark where he graduated from Malcom X Shabazz. From there he attended Jersey City State College for two years. He also played semi-pro football for the Newark Scorpions and

"SURPRISE." Thanks ROCK. The other players on the team who were high scorers include, Leo, who scored 30 points in this game, and Jerome Howard, better known as APPLE, who stands 6'5", weighing 189 pounds and is a graduate of Central High. I WOULD LIKE TO THANK ALL OF THEM FOR COMING OUT TO MAKE OUR TEAM A SUCCESS AND HELPING THEM BECOME CHAMPIONS. "I KNEW YOU WOULDN'T LET ME DOWN AND THANKS AGAIN."

Sheila Washington
Associated Youth Coordinator

Babyland II

Via advocacy and co-joint efforts this writer was able to facilitate direct service delivery through community resources for the needs of several of the PRS families. Some received warm winter clothing at the clothing drive sponsored by the Ronald Rice Civic Association. A sincere thank-you to Marie Palozzi, Barbara Stephenson and liaison person Jim Scarborough. Other PRS families received blocks of cheese from a state sponsored program to increase their food supply.

Just recently this writer completed the Babyland sponsored CPR course and is awaiting the earned certificate. The course was taught by Soledad

Alston, RN Nurse Practitioner and has increased knowledge and skill areas to provide better quality services to the children at Babyland. Now if there is a breathing emergency there will be help immediately.

During this winter season the children are enjoying the snow and they have created a winter park scene on the large stage board in their classroom. They were especially excited when making snow flakes that were hung mobile style. Throughout this season they will participate in activities to increase their learning experiences.

Beverly Dunn
Social Worker/Supervisor

Newark Museum Exhibitions

Black Women

They introduced the Charleston and the cakewalk to American audiences; they wrote stories, poems and songs; they fought both personal and national battles for freedom; they contributed to fields as varied as art, labor and medicine, and yet their achievements went virtually unnoticed. A new exhibition, *Black Women: Achievements Against the Odds*, 20 posters produced by the Smithsonian Institution Traveling Exhibition Service (SITES), will acquaint viewers with black women whose accomplishments have changed our lives. The 120 women selected represent two hundred years of achievement in 16 different subject areas — religion, military, civil rights, art, sports, education, labor, journalism, entertainment, government and politics, law, music, literature, medicine, science and math, and business.

Among 18 featured women in the exhibition are *Madame C.J. Walker* (1867-1919), the first female black millionaire who worked her way from a washerwoman to head of her own cosmetics firm; *Katherine Dunham* (b. 1912), an anthropologist who studied African, Caribbean, Central European and classical ballet dances and formed her own troupe, and *Harriet Tubman* (1820-1913), who is familiar for her work in the underground railroad, and was also the only woman in American history to plan and lead a military raid.

Black Women: Achievements Against the Odds, February 2 through March 3, 1985.■

Black History Month

The exhibitions, *Black Women* and *Ritual and Ceremony in African Life* have been the inspiration for Black History Month programs listed below. Organizations supporting these events are the North Jersey Chapter, the LINKS, Inc.; the New Jersey Coalition of 100 Black Women; the Port Authority of New York and New Jersey; the Newark Chapter, National Council of Negro Women; the North Jersey Chapter, National Association of Negro Business and Professional Women's Clubs, Inc., and the North Jersey Chapter, Jack and Jill of America, Inc.

Attention Educators and Community Groups:

Special one-hour educational programs based on the featured exhibits and a new slide program on the history of the black experience in Newark are available for groups by calling the Education Office, 733-6610.

Afternoon with Maya Angelou

Author, producer, singer and playwright **Maya Angelou** comes to the Museum on February 10 in a very special program highlighting the life and career of this famous black woman. Ms. Angelou has published three major books of poetry in addition to her autobiography, *I Know Why the Caged Bird Sings*, the subject of a 1979 CBS special. She is presently working on the film, *Sisters, Sisters* for 20th Century Fox TV.

Sunday, February 10, 3:00 p.m. Pick up free tickets (limit 4 per person) at the Museum Information Desk, 12 noon to 5:00 p.m., beginning February 5. Limited seating in Court.

Africa in Focus

Two Sunday film programs on traditional African life will introduce gallery talks in the newly installed Permanent African Gallery. *Duminea, A Festival of Water Spirits* (February 3) is a record of the annual ceremonies of the Soku people of Nigeria, to be screened with *A Great Tree Has Fallen*, a documentary of the funeral of an Ashanti king. *Boran Women* (February 24) explores the traditional lifestyles of these African women. A tour of the exhibition with Curator of Ethnology **Anne Spencer** follows.

Films, Sundays, February 3 (43 min.) & 24 (30 min.), 1:00 p.m. Lecture Room. Gallery talks immediately following. Free.

Black Women on Film

A series of films depicting black women as history makers and artists will be screened on Wednesdays in February. Featured will be Harriet Tubman and Ella Baker, activists from two eras, and artists Varnette Honeywood and Betye Saar.

Films, Wednesdays, February 6, 13, 20 & 27, 12:30 p.m. Lecture Room. Free.

Panel Discussions

Two Sunday panel discussions will examine the contribution of contemporary black women to American society. *Women in Print* (February 3) will feature columnist and talk show host **Dr. Gwendolyn Goldsby Grant**, playwright **Sonia Sanchez** and poet **June Jordan**, moderated by *Star-Ledger* reporter **Edna Bailey**. *Black Women at Home and in the Community* (February 24) will include **Jewel Jackson McCabe**, President of the National Coalition of 100 Black Women, **Carol Jenkins** of NewsCenter 4 and author **Dr. LaFrances Rose**, moderated by Montclair Councilwoman **Delores Reilly**.

Sundays, February 3 & 24, 3:00 p.m. Court. Free.■

NC Commons Seniors

Now that the holiday season is over everyone is back to normal again. I do hope everyone enjoyed their holidays and may you have a prosperous and happy New Year in 1985.

There were many parties. The 140 Club had their Christmas party as usual in the Community Room. There is not too much to write about as of now, we must get adjusted.

The Men's Club is giving another bus ride to Atlantic City, which is

always fun!

Danish and coffee is still being served every morning. Come on out and join us. It is so nice to see everyone eating and enjoying themselves.

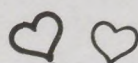
We thank each and everyone who contributed to the people over in Ethiopia.

We are so lucky to be here in the United States where we are warmed with food, clothing and a roof over our heads.

Mary Porter



VALENTINE'S DAY IS FEB. 14



Using Medications Wisely

1. If you miss taking a dose of medication you should...

•ASK YOUR PHARMACIST OR DOCTOR WHAT TO DO.

Because medications vary so greatly it is safest to check first.

2. If you're taking medication, the food you eat could...

•MAKE IT WORK FASTER, OR MORE SLOWLY, OR KEEP IT FROM WORKING AT ALL.

You should ask your pharmacist or doctor when you start on a new medication if it interacts negatively with any foods.

3. If you feel dizzy after a few days on a medication you should...

•CALL YOUR DOCTOR IMMEDIATELY TO REPORT THE PROBLEM.

Often times your doctor can prescribe a different medication, or different dose of the same medication, for the same illness if you report unpleasant side effects.

4. Medications which don't need refrigeration should be stored...

•IN A COOL, DRY PLACE.
The heat and moisture near a bathroom medicine cabinet or under a sink make them the worst places to store medications.

5. Before leaving the doctor's office you should...

•HAVE THE NAME OF YOUR MEDICATION WRITTEN OUT, KNOW WHY YOU ARE TAKING IT, AND KNOW WHAT SIDE EFFECTS ARE POSSIBLE.

Having more information about your medication to begin with will mean fewer questions and surprises later.

6. If you are invited to a party where alcohol will be served you should...

•CALL YOUR PHARMACIST OR DOCTOR AND ASK WHETHER THE COMBINATION OF ALCOHOL AND YOUR MEDICA-

TION COULD BE DANGEROUS.

Better yet, ask your pharmacist or doctor about mixing alcohol with a medication when you start taking it.

7. If you take several medications and sometimes forget whether you've taken them all you should...

•USE A CHART OR COUNTING SYSTEM TO REMIND YOU WHEN YOU'VE TAKEN EACH PILL.

You can buy containers that help you keep track or ask your pharmacist for ideas.

8. You have a headache and find pills from three years ago when you filled a prescription for the same problem. You should...

•CALL YOUR PHARMACIST OR DOCTOR TO ASK IF YOU CAN TAKE THE MEDICATION.

Some medications lose their strength after a period of time, others don't. If you can't ask about the safety or strength of the old medication the second safe option is to throw it away.

9. The directions on your medication say "take before meals." You should...

•FIND OUT FROM YOUR PHARMACIST OR DOCTOR EXACTLY WHEN TO TAKE THE MEDICATION.

Some medications when taken on an empty stomach cause serious side effects. Clarify when to take the medication when you fill the prescription.

10. After two days of taking a new medication, you feel much better. You should...

•TAKE THE MEDICATION UNTIL IT IS GONE, UNLESS INSTRUCTED OTHERWISE BY YOUR DOCTOR.

Often symptoms will reappear if you stop taking the medication as soon as you feel better. You may still be fighting the illness, even though you feel better.

Courtesy U.S. Dept. of Health and Human Services

FOOT FACTS: Children's Feet

Dr. Kenneth Frank

Podiatrist



Children ordinarily do not complain of foot discomforts.

The Baby's Feet

Practically all babies have healthy feet at birth. Until the infant begins to walk (average 9 to 16 months) the foot covering should only be protective. High top footwear is acceptable for toddlers but from then on low shoes are cooler, drier and offer all the support needed. Until three years of age some children may appear flat footed due to the protective baby fat under the arch. The appearance of a double ankle from the foot rolling inward or a pigeon toe and knockknee gait should have the benefits of a professional examination.

The Growing Child's Feet

It is during this period that the foot grows rapidly. Bones develop and muscles strengthen in a pattern. During certain early years shoes will have to be changed in 4 to 6 weeks — during other periods, perhaps not for several months. Short socks and the "stretch" kind are a common cause of distorted toes and should be watched carefully.

Youth Night Cramps

There is no such thing as "growing pains." Human tissue develops in a slow, methodical manner and does not add a quarter inch one painful night. The leg cramps are usually caused by lack of oxygen in the muscles. This is very often due to foot strain and mechanical imbalance. These same causes (strain and imbalance) can and do lead to poor body posture. To insure a healthy adult foot these complaints should be checked by the family podiatrist during their early stages.

The Teen Ager's Feet

This is the most difficult period to maintain good foot health. Boys are athletic and are subject to various foot injuries. Neglect of minor falls

and twists too often result in major foot problems. Your podiatrist may need x-ray pictures to determine if the accident has caused a fracture. Sneakers should be used during play periods only not all through the day. Girls are at the style conscious stage. Proper shoes should be selected by an understanding but firm parent and not according to the fad of the day. Instructions should be given on the trimming of nails, instead of tearing, to eliminate needless infection. Planter warts are common and should not be neglected nor treated with home corn cures. The advice of a foot doctor should be sought for treatment of these painful conditions.

The Foot Problem

There is a medical law which states simply, "As you use tissue, so will it form." From birth, the feet begin to function, grow and mature. They are one's only means of locomotion. These feet should be given every opportunity to develop normally. Some signs of possible future trouble may be bulging at the inner ankle, shoes that roll over on the outside, wear at the tips of soles, kicking off the shoes constantly, a peculiar gait, poor posture, night cramps, not playing with other children, etc. The correct answer will not be found in commercial advertising and the buying of special or orthopedic shoes, the placement of pads by inexperienced shoe salesmen, or the use of wedges by the shoemaker because a neighbor's child is using them. A complete foot examination by the podiatrist will determine the cause of the child's foot complaint, if any, and the proper advice given or treatment employed. By allowing the foot to form properly during childhood, our population need not have the staggering figure of 82% of its adults complaining of some type of foot disorder.



CPR CLASSES

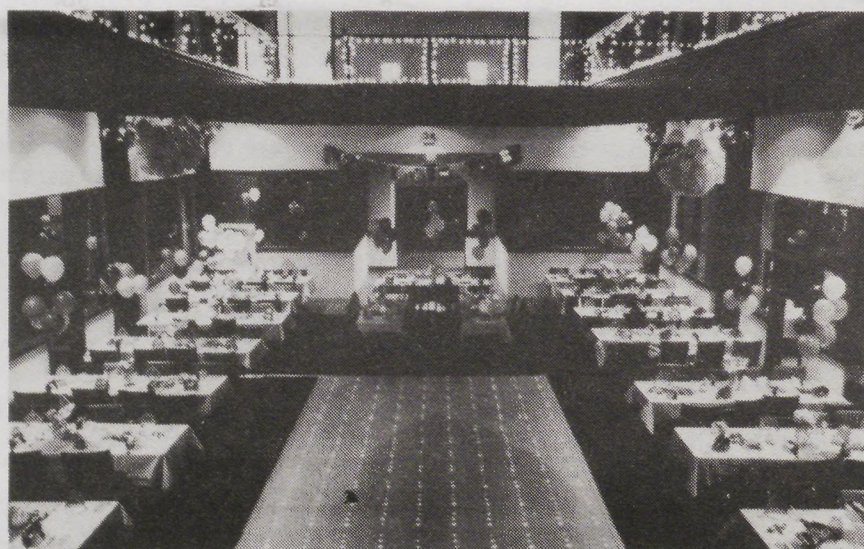
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The atrium of St. Joseph Plaza stands embellished with lights and balloons awaiting New Year's Eve festivities.



at ST. JOSEPH PLAZA
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TO YOUR HEALTH!

Look 5 Lbs. Thinner Today!

You can get a head start on dieting and look as though you're thinner even before we open up our doors or before you even lose that first wonderful pound. Good posture is a miracle diet all by itself. First, take a good look in the mirror right now. Are you standing up straight? Pull your stomach in, buttocks under, chin up — VOILA — instant "weight loss!"

I want to make one thing crystal-clear right off the top:

EXERCISE AND BALANCED DIET ARE AMONG THE MOST IMPORTANT COMPONENTS OF HEALTH MAINTENANCE.

Ask any one of the local Health Spa owners and they'll tell you. Take any given Monday; there isn't any standing room in the exercise area to exercise. That is because Saturday and Sundays were spent in the cool calm dim of calorie consumption — "Oh, I'll eat this chocolate cream pie and have two baked potatoes. And on Monday I'll spend one hour at the gym to work it off." I'm sure you've heard this statement before a hundred times. What a cop-out! The average energy expenditure of 45 minutes of a concentrated exercise program is 250 calories.

I grant you that this 45 minutes of exercise to burn up 250 calories is definitely better than spending Monday baking and eating chocolate chip cookies. But let me show you what a trap those potatoes and pie can be: two baked potatoes, laced with butter and sour cream will stuff into you 770 calories. That's two average-sized potatoes each with a tablespoon of butter and three level tablespoons of sour cream. Believe me, 3 tablespoons of sour cream go very quickly. And the pie? For the sake of simplicity I always count the normal size serving of sweet dessert at 400 calories. It could be more, could be less, simple addition, no computer need, indicates a tidy sum of 1,170 calories.

Now, what do we have (besides trouble for your waist and hips?) You've ended up having to spend about 3 hours and 20 minutes in an active, well supervised exercise pro-

gram such as the one offered by New Beginnings Spa and Wellness Center in order to burn off the calories in the baked potatoes and chocolate cream pie. Remember *that* the next time you rationalize yourself into thinking that "a little dessert of just one extra potato" is an OK treat. I hope you are physically fit to endure 3 hours and 20 minutes of concentrated exercise? I doubt it.

Let's take the joggers. Generally speaking, men are more inclined to jog than women. I really don't know why. This type of activity falls into the "Activity Trap" syndrome, too. Jogging at a *steady* pace will normally use up about 400 calories per hour. By steady, I mean *uninterrupted*, no brief interludes to smell the roses. Well, this jogging hour will burn up the calories in that piece of pie. Are you ready for it? Want to get rid of those two baked potatoes while you're at it? Jog 3 hours, and let me know how you feel when you're finished.

One of the most important things to develop, if you are watching your weight is discipline. *Discipline, in my opinion, ranks next to love as one of the big secrets of life.* With good discipline we can accomplish anything we put our minds to. Our eating habits create many of our physical problems. If one can keep his or her weight at an optimum level many problems can be avoided, such as hypertension, diabetes, heart disease, etc. A good 3 well-balanced meal per day diet, but not overeating is very important. Don't abuse your body with drugs such as nicotine, alcohol and the like — Exercise is essential to good health but always start gradually and once you have attained the level desired stay with it. It is far easier to stay in shape than it is to be always getting in and out of shape.

This will give you a few things to think about. And once the New Beginning Spa and Wellness Center opens in March we will be able to accommodate you.

Contact Marie C. Damestoir for more information at 623-2800.

Work Begins On Health Spa

Construction has begun on the "New Beginnings Spa and Wellness Center" facility in St. Joseph's Plaza. The facility will occupy approximately 3500 square feet split between the first and ground floors.

The first floor will consist of office space and exercise area. Nautilus,

be used before entering the whirlpool, an L-shaped sauna and the massage room. The whirlpool is being constructed on site and will feature a tile finish. The Therapy System and whirlpool were designed specifically for this installation.

Beyond the wet are the men's



Masons trowel cement in base of whirlpool for New Beginnings Spa and Wellness Center.

Universal and Paramount Exercise machines are featured as well as free weights, Monarch Ergometer exercise bikes and treadmills and a full line of cardiovascular rehabilitation equipment. This area will be very bright tying in the stained glass windows with a coordinated multi-colored striped carpet.

Descending the spiral staircase to the ground floor level, you enter the wet area. This area features an 8 ft hydro therapy whirlpool, a shower to

and women's locker rooms, showers, and dressing areas. This area features oak finished lockers and carpeting throughout. Also on the ground floor will be the aerobics room featuring full carpeting and sound system. This area will also double as classroom space for a variety of programs being developed.

We anticipate a March grand opening.

Rich Rohrman



Plumbers carefully lay out and fit the intricate network of pipes necessary for the new health spa's wet area.

How Young Is Old?

Just ask Mrs. Dudley. She just celebrated her 80th birthday with all her children, their children, their children and her sisters, brother, other relatives and friends. She has one large family and they all rallied around her Sunday, December 30, 1984.

There were wall to wall people in the NC Douglas Community Room and almost wall to wall food including home made ice cream. What more can anyone add to the Blessing God has bestowed on her by letting her see so many years? Your Douglas Family wish you much love and pray that God may continue to smile on you Mrs. Dudley.

Alma Hanks

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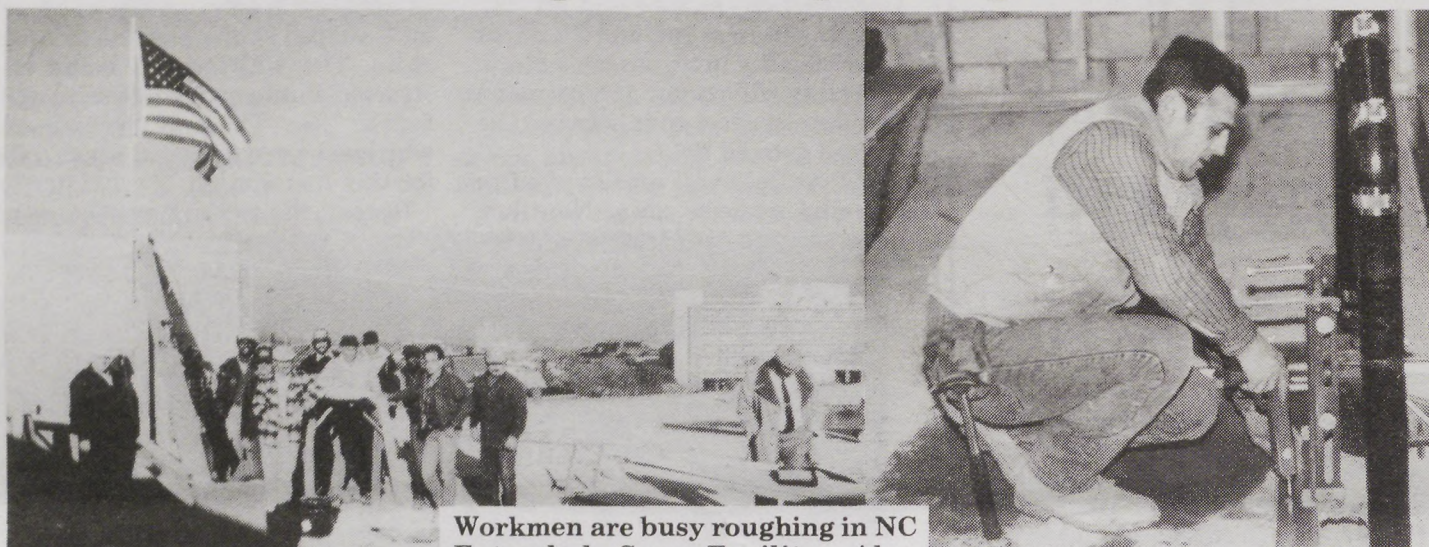
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Program to End Abuse in the County of Essex

FOR HELP CALL 226-6166

Counseling and Referrals Available

New Face Brightens Up Neighborhood



Workmen are busy roughing in NC Extended Care Facility. Also shown is the graceful entrance of the lovely brick building as it appears from South Orange Avenue. Flag raising is shown above.



A new face is brightening up the New Community neighborhood as the spanking new warm brick New Community Extended Care Facility adds a glow to the whole area.

Topping off ceremonies were held recently and a flag raised by the Ricciardi Construction Company. Weather permitting, the final phase of the roofing over heavy insulation will be installed within a few days. Weather over 32° day and night is a requirement.



Internally, all supporting walls are up, and windows are in place. The stud walls are starting to go up. Boilers are expected to be going in soon.

Work can now proceed unhindered throughout the winter.

Our seniors are watching the progress of this nursing home with pride and expectation.

It won't be long before they will be enjoying the excellent care it will provide to all.

A 'Struggle' For Education

They appeared to be characters directly out of the pages of a Dicken's novel as each day both first grader, Nakya Studivant and eighth grade teacher, Miss Emerita Cabato entered the St. Rose of Lima School to begin their instructional responsibilities — the former to learn, the latter to teach.

It was during the Thanksgiving recess that both student and teacher became incapacitated. Both received casts; Nakya received her cast due to an accident, while Miss Cabato consented to elective surgery.

Nakya, daughter of Linda Studi-vant of New Community Maintenance was visiting her aunt in Linden when she slipped off the monkey bars in a nearby playground and twisted her legs. The mishap resulted in her breaking her right leg in two places, and a week long stay in Beth Israel hospital, with several classes in therapy. Her coordination was so poor that at first the hospital staff gave her a walker to use instead of the crutches. While at Beth Israel her spirits were lifted somewhat when Channel 9 showed up at the children's unit to do a Christmas commercial with Sarah Lee Kessler.

Miss Cabato, on the other hand, had been experiencing a great deal of foot discomfort and underwent surgery to correct a problem she had acquired when she was a student in high school. Dr. Kenneth Frank, Podiatrist at New Community Corporation Health Care Center, performed the surgery on Miss Cabato and gave strict orders for her not to be moved from her bed for several days. Her spirits were lifted when her students, who greatly missed her, began to call her at the hospital.

Both Nakya and Miss Cabato so missed being in school, that they both returned using crutches to get them up and down the stairs. Because of their mishaps, they were treated royally and always "required" an entourage to escort them up and down stairs to and from class. Even at lunchtime they each held court.

For Miss Cabato her greatest difficulty lie in her inability to move around the classroom while teaching. Being stationary, she admits, totally exhausts her.

She agreed after meeting Nakya, that in a special way both teacher (herself) and student (Nakya) are certainly two of a kind.

from God. The Bible makes it clear that God expects us to do the best we can with the talents, the abilities, the situations with which life endows us. Stewardship involves altruistically using, to the best of one's ability, the things with which one has been endowed. It invests the steward with an unselfish regard for the welfare of others. What the steward does to benefit and help his needy brethren, he does so also serving God. In Matthew 25:40 Jesus confides: "inasmuch as you did it to one of the least of these My brethren, you did it to Me."

Lewis Graves
Springfield Branch
Newark Public Library

Life Is A Stewardship

What we do here on earth determines our eternity; what a man believes is to a great extent a determinant of where he will go and what he will do. If he is wrong in the purpose of life, he may be wrong in just about everything else. The remaking of the world must begin with the remaking of man. Evil in man is not like a robber that breaks into man's house of life; it is like a tenant to whom his house has been rented. The heart of man is the mint wherein the coinage of human life is stamped; it is the anvil which forges his habits and deeds.

"As a man thinks in his heart, so is he." Little things deteriorate the moral sense of man and can lead to degeneration in other things, so it is very important that if the reservoir of life is to be kept clean, all the streams of thought that pour into it must be pure.

"Of him who has received much, much also will be expected." We are thus instructed: "...as each one has received a gift, minister it to one another as good stewards of the manifold grace of God." I Peter 4:10. We came into this world with

materially nothing and we will go out the same way. What we obtain during our lifetime is for us to use altruistically. Recall the story of the three servants, entrusted with their master's goods, who were held accountable by their master for how well they used them.

The two servants who did well, the master praised; the third servant who did not, the master reproached. One day we will be held accountable for how we used the God-given gift of our life and the lives we influenced. Did we use our lives successfully in the service of our Lord by helping others, or did we waste it? Romans 14:12 assures us: "...each of us shall give an account of himself to God."

Daily we are confronted with opportunities. We are surrounded by the sick, the aged, and the needy. It is up to us to assume the initiative by reaching out to those less fortunate. In Deuteronomy 15:11 we are directed, "you shall open your hand wide to your brother, to your poor, and your needy..." Many aged parents are in need but their grown sons and daughters do not assist them. Forgotten are the years that

the parents fed, clothed, cared for, and loved them when they couldn't do for themselves. Golden Citizens served a fruitful life of stewardship, denying themselves to provide for their children. How happy they felt giving and helping and seldom complaining. The sixth commandment unequivocally mandates, "honor thy father and thy mother," one of the prerequisites for a good steward.

Sometimes those who have the most are less inclined to help than those who have considerably less. Recall the rich young ruler who, after being told by Jesus to sell all he had and give to the poor, refused to do so, and departed into obscurity. He chose his worldly possessions and self interests over salvation. Today people are doing the same thing, devoting a lifetime to selfishness. Next to the verb 'to love,' the most important verb is 'to help.' Actually we can possess nothing — no property and no person. It is God who owns everything, and we are but stewards of His property during the brief time we are on earth. Everything that we see about us that we count as our possessions only comprises a loan